

## Naturopathy Timmins

Naturopathy Timmins - Immersion Bath Therapy is a treatment that submerges either the entire body or parts of the body into a bathtub of cold or hot water. Stuff like for example essential oils or 100% natural European Moor Mud aka Balneopeat could likewise be put in the water. The Moor Mud assists the detoxification process of your body, helps to rebuild normal skin function and supports blood flow.

Immersion Bath Therapy is helpful for easing pain in muscles or joints, improving metabolism, reducing inflammation, decreasing and increasing blood flow and artificially inducing fever in the system to fight against diseases. This bath treatment helps to get rid of anxiety from your body and the nervous system.